

Reading

Task 1. Установите соответствие между текстами А–Г и заголовками 1–8. Занесите свои ответы в таблицу. Используйте каждую цифру только один раз. В задании один заголовок лишний.

1. How dreaming helps	A. Even though our dreams may feel like they last for hours and hours, we hardly spend more than two hours dreaming each night, which means a person spends a total of nearly six years dreaming throughout a lifetime. In general there are four phases of the sleep cycle and all dreaming occurs practically at the final phase. Each of these sleep cycles lasts approximately 60 to 90 minutes and may repeat several times throughout the night.
2. Why dreams can be scary	B. Anxiety is the most popular emotion experienced in dreams. Many people dream of falling, which is often connected to something in our lives that is going in the wrong direction. In addition, dreams of being chased are very common and are linked to avoidance. Also people report dreams about their teeth falling out, which is related to the words and communication we might have in real life.
3. How we forget dreams	C. Dreaming helps people make sense of the information and events that occur in their lives. Dreams play an important role in processing and remembering information that we absorb daily. Also, they help reduce stress and even solve problems. It's very possible to work through real-life problems while dreaming at night. In addition, dreams provide a lot of important content and meaning that can be used to inspire and direct our lives during the day.
4. Not only for humans	D. Nearly 5 to 10% of adults have nightmares. There are several reasons for it, for example when people start taking certain medications or when they withdraw from drugs. Some physical conditions, such as stress or illness, can also be a trigger. However, in some cases adults may have frequent nightmares that are unrelated to their everyday lives, which may signify that they are more creative, sensitive, and emotional than the average person.
5. When we don't sleep	E. There is no person who does not have dreams, but not everybody recalls them. The most vivid dreams happen during the Rapid Eye Movement sleep stage when the brain is extremely active and the eyes move back and forth quickly underneath the eyelids. Although dream recall varies from person to person, some people have little or no recollection of the content, and around 90% of dreams are gone following the first 10 minutes of waking up.
6. How we remember dreams	F. Scientists have found that animals also dream and their subconscious thoughts are connected to real experiences. Animals' dreams are complex, containing long sequences of events. Animals' brains share the same series of sleeping states as the brain of human beings. Analyzing animals' dreams and the content of their dreams may help scientists treat memory disorders and develop new ways for people to learn and retain information more effectively.
7. When we dream	G. Only five minutes after the end of a dream and half of the content is likely to vanish from our memories. It's not that dreams aren't important enough to keep in mind, but other things tend to get in the way. Dream researcher L. Strumpell believes that dreams disappear from our memories for a number of factors. For example, we may not recall dream images that lack intensity, association or repetition, which are usually needed for dream recall.
8. What we feel dreaming	

Task 2. Прочитайте текст и заполните пропуски А–F частями предложений, обозначенными цифрами 1–7. Одна из частей в списке 1–7 лишняя. Занесите цифры, обозначающие соответствующие части предложений в таблицу.

Skip the sun, get a glow the healthy way

Everyone at some point has wanted a “healthy glow,” whether it’s a must-have for summer, or a vacation, the thought of tan skin has crossed the minds of millions. If you are pale, it **A**_. There is wild excitement when after a day in the sun your skin is tan, not burnt. Surely everyone is familiar with the famous conversation upon the realization that you got fried at the beach. Your friends reassure you with “Don’t worry it **B**_____.” It may all seem like fun and games at the time, but alarming new research **C**_.

Some tan-seekers do it the old-fashioned way, grab a towel and hit the pool or beach. Recently, millions of young girls **D**_. Regardless of how the tan is achieved, any change in skin coloring is evidence of skin cell damage. This can lead to cancer. According to the Skin Cancer Foundation, melanoma, or skin cancer, among people aged 18 to 39 has risen dramatically. In the United States the number of skin cancer cases due to tanning, is higher than the number of lung cancer cases due to smoking.

While it is true that being outside and active is great for your body and the sun does provide vitamin D, everyone’s health still needs protecting. However, it’s **E**____, limit time spent in direct sunlight, between the hours of 10 a.m. and 4 p.m., and wear sunscreen at all times. A fashionable option is the sun hat: both elegant and fun. Big floppy hats may seem ridiculous at first, but **F**_____.

Another advice is to look into sunless tanners: They are cheap and in no way endanger the lives of users. So, fake it, don’t bake it!

1. takes a lot of time and effort to tan
2. have been turning to tanning beds
3. they are actually quite classy accessories
4. better to avoid indoor tanning
5. have inspired people to get their skin checked
6. will eventually turn into a tan
7. has taken the healthy out of healthy glo

Task 3. Прочитайте текст и выполните задания 12–18. В каждом задании запишите в поле ответа цифру 1, 2, 3 или 4, соответствующую выбранному Вами варианту ответа

Chronic lack of sleep affects one in three British workers

One in three British workers suffers from poor sleep, research shows, with stress, computers and taking work home blamed for the lack of quality sleep. Some employees get fewer than five hours sleep a night, only one in seven feels completely refreshed when they wake and more women have poor shut-eye than men. The alarming findings emerged from a study of self-assessments completed by 38,784 staff working in the UK for firms such as telecoms firm, O2, drugs developer, Quintiles and medical technology manufacturer, Medtronic. A third were dissatisfied with the amount and quality of their sleep, with 8.4% saying they were "very unhappy" with it, and another 24.4% describing themselves as "unhappy". When asked how they felt 30 minutes after getting up, only 15.5% said "refreshed". Of the others, 3.3% said they were "exhausted", 24% said "unrefreshed" and 57.2% were still "a little tired".

While experts say that everyone should ideally get seven to eight hours sleep a night, only 38.5% of the 38,784 respondents did so. More had between five and seven hours (45%), only a lucky 10% reported sleeping for eight to nine hours and one in 100 enjoyed more than nine hours.

When researchers combined those results to give each respondent an overall "sleep score" out of 100, some 33.8% got a mark of less than 30 – the lowest category. That means someone either has, or is at high risk of developing, a sleeping problem. "This research is telling us that a large number of working adults, one in three in the UK, has a sleeping problem," said Dr Tony Massey, medical director of Vielif, the health and

productivity firm that carried out the assessments between 2009 and 2011. "A very concerning number of British workers get too little sleep." Britain is near the top of an international league table for lack of sleep. A Vielifle study of 116,452 staff in America found that 23.4% scored poorly for sleep.

The extent of inadequate rest has prompted fears that many people are too tired to do their jobs properly, with some so sleep-deprived their brains are as confused as if they had consumed too much alcohol.

"Too few people practice sleep hygiene," said Massey. "That involves little things that people can do without professional help, like ensuring your room is dark and quiet, getting to bed at the same time every night – just like a two-year-old – reading a book, which is a proven relaxant, and not looking at bright screens, such as the TV or computer, for an hour before you go to bed as that will disturb your sleep."

The growing tendency for employees to do extra work in the evenings and at weekends, which may have risen in the recession, also seems to be linked to poor sleep. "More people are scrunching the golden hour before they go to sleep, and they are paying the price in that their sleep isn't refreshing and they end up in a vicious cycle of fatigue, poor productivity and then feeling that they have to do the same again the next day to compensate," said Massey.

The best guarantee of good quality shut-eye is to work five days a week and sleep seven to eight hours a night. Five-days-a-week staff had the best sleep score, while those getting seven to eight hours a night scored 72.7. "These are very worrying findings because lack of sleep is a risk factor for a whole range of serious health problems, such as stroke and heart disease," said Massey.

12. Which of the following is mentioned among the reasons for poorer sleep? 1) Work for telecom firms. 2) Consumption of drugs. 3) Work done at home. 4) Lack of communication.	14. Paragraph 4 stresses that ... 1) the "sleep score" in Britain is relatively low. 2) many people in Britain are unaware of sleeping disorders. 3) the number of Britons who don't get enough sleep is alarming. 4) British workers get more sleep than American ones.	16. What does "sleep hygiene" NOT involve? 1) Professional help. 2) A darkened room. 3) A relaxing book. 4) Regular bedtime.	18. What, according to the article, is important for good quality sleep? 1) Higher productivity at work. 2) A five-day working week. 3) Five to seven hours of nighttime sleep. 4) Absence of health problems.
13. According to the research, just about ... percent of people have the recommended number of sleeping hours. 1) Forty 2) Twenty 3) Thirty 4) Ten	15. The inadequate nighttime rest of employees might result in ... 1) brain damage. 2) inefficiency at work. 3) lack of job satisfaction. 4) problems with alcohol.	17. The phrase "vicious cycle" in paragraph 7 means ... 1) a sudden wave of tiredness. 2) a course of everyday events. 3) a large amount of extra work. 4) a repetitive cycle of poor sleep consequences.	

Use of English

Task 1. Прочитайте приведённые ниже тексты. Преобразуйте, если необходимо, слова, напечатанные заглавными буквами в конце строк, так, чтобы они грамматически соответствовали содержанию текстов. Заполните пропуски полученными словами.

Memories

1. As people get older, the part of the brain responsible for helping record new memories becomes less efficient. New information ____ more difficulty getting in, but memories that were stored in the past do not disappear.	HAVE
2. This is one of the reasons why elderly people often remember details about _____ youth but sometimes forget what they had for dinner the night before.	THEY
3.. One lady said, “Things ____ a lot since I retired. But I try to keep in touch by sharing life stories with others.	CHANGE
4. For example, I talk with friends about the plot of a book or a good movie. It makes me organize information and strengthens my memory. Isolation is the ____ thing”.	BAD

Grey hair

5. Johnny noticed a change in his mother’s appearance. “Mommy, some of your hairs ____ grey. Why?” the curious child asked.	TURN
6. The mother tried to use this occasion to teach her child: “It is because of you, dear. Every bad action of ____ shows on my hair.”	YOU
7. The child replied innocently: “Now I know why my grandmother has only grey hair on her head.” Most children are ____ than adults think.	SMART

Task 2. Прочитайте приведённый ниже текст. Образуйте от слов, напечатанных заглавными буквами, однокоренные слова так, чтобы они грамматически и лексически соответствовали содержанию текста. Заполните пропуски полученными словами.

Staying healthy

In today’s hectic world people are always searching for more ways of keeping fit and 1__ (HEALTH). Running is an excellent exercise for achieving this goal. Before you start, however, you should warm up and concentrate on slow 2_ (MOVE) that make all your muscles work. But be careful! If you stretch when your muscles are cold, you might actually risk an 3 ____ (INJURE). Always wear 4 ____ (COMFORT) clothing and make sure your 5 ____ (TRAIN) are in good shape. Wear good shoes that will put less 6_ (PRESS) on your knees.

Staying healthy also requires enough sleep. It’s 7__ (OCCASION) OK to go to bed late, but if you cut down on your sleep 8 ____ (REGULAR) it will have a bad effect on your overall health. It will also affect your 9 ____ (APPEAR). Lack of sleep can cause acne or dry skin. Stay active during the day. If you don’t get enough exercise during the day, you may end up 10 _____ (SLEEP) all night.

Standing, sitting and walking badly can make you look 11 _____ (HEAVY) than you really are. Stand in front of the mirror with your feet apart. 12 _____ (STRAIGHT) out your legs and pull in your stomach. Check that your ears, shoulders, hips and knees are in line with each other. You should be feeling and looking better already!

Most of us live in cities with a high 13 _____ (POLLUTE) level. If we got more fresh air we would look healthier and more 14 ____ (ATTRACT) . A quick walk is one of the best things you can do for your 15_ ____ (CIRCULATE) and looks. Walking slowly is 16__ (USE) but a quick pace gets more oxygen into your lungs. So don’t just go for a pleasant walk, try and find a green area and get 17__ (MOVE).

Many young people feel 18 _____ (GUILT) about eating too much chocolates and sweets, and some even admit an 19 _____ (ADDICT) to it. However, there is no 20 _____ (PROVE) to support this. But chocolate does contain a lot of fat, and addicts would do better to eat less. If your diet is balanced you need not feel guilty: eating chocolate 21 _____ (MODERATE) is fine but don’t eat it instead of a proper meal.

Task 3. Прочитайте текст с пропусками, обозначенными номерами 32–38. Эти номера соответствуют заданиям 32–38, в которых представлены возможные варианты ответов. Запишите в поле ответа цифру 1, 2, 3 или 4, соответствующую выбранному Вами варианту ответа.

Searching for a New Programme

A healthy lifestyle can vastly improve your well-being. This is a lifestyle designed for those who wish to feel more certain about their health and more in control of what the present and future will bring them in that important **1**___of existence. None of us wants to be sick.

None of us enjoys the idea that we may become a medical statistic. This is a simple, easy-to-follow health-style that can enable you to get cards very much in your **2** _____. The doctors were fortunate enough to come into **3** _____with a field of study that brought them to healing and well-being that they so desperately needed. They personally have **4** _____ thousands of people improve their health using only a small part of information. Many more people begin to improve their health now. Embracing the most current information from many health-related fields, the programme of healthy lifestyle gives you an understanding of the impact of exercise, breathing, sunshine, sleep and much more on your health. In order for this programme to work for you, you have to be willing to apply at least some part of it. Some change will be **5** _____. And as you make those first modest changes, you will get positive results that encourage you to do more. Changing is fun. And if you realize that your new healthy lifestyle **6** _____the making of new habits, not the **7**__of old ones, you will feel very positive about what the future holds for you.

1. 1) sector 2) region 3) area 4) territory
2. 1) benefit 2) advantage 3) privilege 4) favour
3. 1) touch 2) contact 3) view 4) connection
4. 1) confessed 2) witnessed 3) determined 4) recognized
5. 1) ordered 2) commanded 3) forced 4) required
6. 1) contains 2) consists 3) involves 4) encloses
7. 1) breaking 2) damaging 3) ruining 4) destroying